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# *The Blue Horizon*

**E Kokua Pakahi Kakou**

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**April 2002**

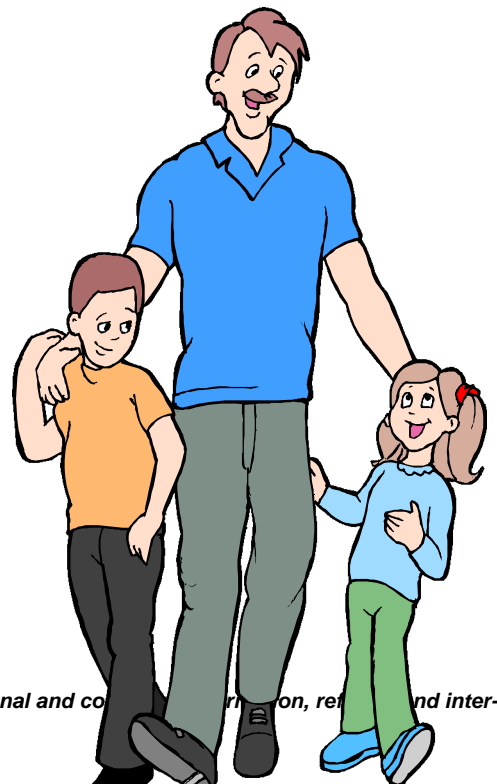
**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 4**

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## APRIL IS THE MONTH OF THE MILITARY CHILD & CHILD ABUSE PREVENTION MONTH

It's a time to appreciate how special children are, and to reflect on how you can make the community safer for children. There aren't many "perfect parents," but there is a community and a Work-Life Center that cares about helping you with the challenges of parenting. If you have questions about your child's behavior or would like information about parenting or parenting classes, call your Family Ad-



Mission Statement: **Work-Life Programs enhance mission readiness through personal and community support, information, referral, and intervention for Team Coast Guard.**

vocacy Specialists, Owen Norton at 541-1582 or Mary Mansfield, at 541-1584.



Mission Statement: ***Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.***

# Perfect Parents???

By  
Owen M. Norton, MSW, LSW

*The Family Advocacy Specialist (FAS) is a certified social worker who provides guidance, support, resources, referrals, and information to individuals and families who find themselves in a personal or professional crisis, who have a special need that must be addressed, or who have the desire to learn how to resolve couple and family problems without being abusive in their relationships.*

I was at a recent conference and had the opportunity to listen to James Gabarino, PhD. An expert on child abuse, he has written several books on the subject. Dr. Gabarino defines child abuse as an act of omission or commission by a parent or legal guardian that is considered, by a mixture of community values and professional expertise, to be inappropriate or damaging. It should be pointed out that as a community, our standards of minimum care are constantly being negotiated over time as we learn new information. In the 1950's, if a child was not in a seat belt and died in an auto crash, we would not consider it neglectful. We did not know then how important seat belts were to preventing injuries. We now know that two thirds of fatalities and most serious injuries can be prevented by the use of restraint devices. Today, as a community, we would consider a parent neglectful if they did not buckle a child into a safety restraint in a car, and the child was injured in a car crash.

Dr. Gabarino asked the audience to raise their hands if they were parents. He then asked for those who had their hands up to keep them there if they were perfect parents. The parents quickly dropped their hands in unison. (My own hand dropped down in a flash.) There are no perfect parents. He commented that his mother, and a man in the back of the audience, were the only ones who claimed to be perfect parents.

A recent survey was done on parenting. One of every five parents surveyed reported that they have a difficult child that makes life at home "less than easy." Being a parent is no easy job. At one end of the spectrum, there may be perfect, ideal parents; at the other end of the spectrum, there are parents who obviously violate minimum accepted standards of care. These are the parents that the community deems either neglectful or abusive. In between, there are parents who use unwise child rearing methods. For example, they try to control their child through indulgence, and use other methods that set them up for later problems in the raising of their child. The vast majority of parents fall within the area of being adequate, loving parents, who are doing the best they can.

I recently heard of a family who had their young child disappear in the housing area for an hour or two. In a flash, twelve families were out helping to find the child. I thought it was an impressive display of the CG

community demonstrating how we care about our children. I recall two women in a housing area pushing a baby in a stroller, and the baby was crying loudly as I was walking by them. The two women didn't seem to be distressed at the crying, and were actually laughing a bit. I remarked that they seemed to be in a good mood considering that the baby was crying. One of the women laughing said, "We're laughing because it is not our baby, but we are giving the mom a break." What another great example of the good things that friends and the community do to help each other. Know that you make a difference in the lives of friends and your community by offering support and demonstrating that you care about the welfare of our children.



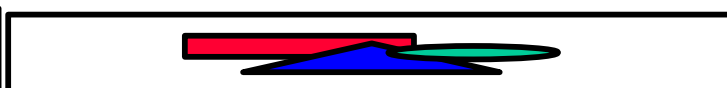
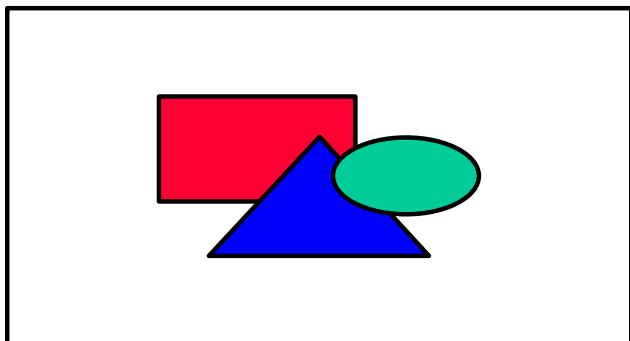
## NATIONAL MILITARY FAMILY ASSOCIATION (NMFA) ANNOUNCES THE 2002 VERY IMPORTANT PATRIOT (VIP) PROGRAM

The Very Important Patriot (VIP) Program is entering its eighth year! This program is designed to recognize volunteers worldwide for their service to their military and/or neighboring communities. Through the continued support of the Defense Commissary Agency (DeCA) and generous sponsors NMFA is able to honor five Very Important Patriots, five Award of Honor recipients, and five Award of Merit recipients. This year's sponsors are Kellogg Company, Minute Maid Company, The Clorox Company, H.J. Heinz, The Keebler Company, and Tyson Foods, Inc.

Each of the Very Important Patriots and a companion will be flown to Washington DC to receive a \$1000 cash award, meet with senior leadership of their individual services, visit their elected officials on Capitol Hill, attend the NMFA Annual Meeting, and meet the VIP program sponsors. The Award of Honor and Award of Merit recipients will each receive a cash award. Each nominee will also receive a one-year membership to the National Military Family Association.

Nominations will be accepted *online only* at [www.nmfa.org](http://www.nmfa.org). Each installation will be allowed and encouraged to nominate six candidates. These nominations must come through the Coast Guard Work-Life Center. In addition, all donating spouse clubs will be encouraged to nominate one candidate each.

Information about this year's program is available at [www.nmfa.org](http://www.nmfa.org), including examples of winning narratives and a Fact Sheet about the program. If you have any questions, please contact Wanda Allen-Yearout at [Wallen-Yearout@D14.uscg.mil](mailto:Wallen-Yearout@D14.uscg.mil), or Donna Clodfelter, at [vip@nmfa.org](mailto:vip@nmfa.org).



## Pearl Harbor, Serving the Hawaii Region

820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108  
Phone: (808) 473-4222

NCTAMS PAC Satellite Office  
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050  
Phone: (808) 653-0203

[www.pearlharbor.navy.mil/ffsc](http://www.pearlharbor.navy.mil/ffsc)

# APRIL 2002 CLASS SCHEDULE

**NO CHARGE FOR CLASSES.** Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<u>FEDERAL EMPLOYMENT</u>	APR 23	1:00 PM - 3:00 PM	
<u>INTERVIEWING SKILLS</u>	APR 9	8:30 AM - 10:30 AM	
<u>JOB SEARCH VIA THE INTERNET</u>	APR 16	8:30 AM - 9:30 AM	
<u>RESUME WRITING</u>	APR 2	1:00 PM -3:00 PM	
<u>RESUME WRITING</u>	APR 10	8:30 AM - 10:30 AM	NCTAMS PAC
<u>UNDERSTANDING PERSONALITY TYPES IN CAREERS</u>	APR 18	8:30 AM - 11:30 AM	
FINANCIAL CLASSES	DATE	TIME	*LOCATION
<u>CAR BUYING STRATEGIES</u>	APR 18	9:00 am - 11:00 am	NCTAMS PAC
<u>CHECKING ACCOUNT MANAGEMENT</u>	APR 11	1:00 PM - 2:30 PM	
<u>COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)</u>	APR 1-5	7:30 AM - 4:00 PM	
<u>MANAGING MONEY AND CREDIT</u>	APR 17	9:30 AM - 11:00 AM	
<u>\$MILLION\$ DOLLAR SAILOR (I-II)</u>	APR 22-23	8:00 AM - 4:00 PM	
<u>\$MILLION\$ DOLLAR SAILOR (I-II)</u>	APR 25-26	8:00 AM - 4:00 PM	NCTAMS PAC
<u>SAVINGS AND INVESTMENT BASICS</u>	APR 9	5:00 PM - 7:00 PM	
<u>THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</u>	APR 16	9:30 AM - 10:30 AM	
<u>THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</u>	APR 18	9:30 AM - 10:30 AM	
<u>THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES</u>	APR 30	1:30 PM - 2:30 PM	
INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
<u>FOOD STAMPS APPLICATION BRIEF</u>	APR 11	9:00 AM - 10:30 AM	
<u>FFSC DAY AT THE PEARL HARBOR NAVY COMMISSARY</u>	APR 18	10:00 AM - 11:30 AM	PH NAVY COMMISSARY
OMBUDSMAN CLASSES/MEETINGS	DATE	TIME	*LOCATION
<u>OMBUDSMAN QUARTERLY ADVANCED TRAINING</u>	APR 2	6:00 PM - 8:30 PM	

[COMNAVREG HAWAII OMBUDSMAN ASSEMBLY MEETING](#)

[COMPATRECONFOPAC OMBUDSMAN ASSEMBLY MEETING](#)

[COMSUBPAC OMBUDSMAN ASSEMBLY MEETING](#)

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**PARENTING CLASSES**

[ANGER, TEMPER TRANTUMS AND SIBLING RIVALRY](#)

[BROWN BAG VIDEO: "NEW FATHERS, NEW LIVES"](#)

[BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN \(AGES 0-5\)](#)

[DISCIPLINE AND YOUR SCHOOL AGE CHILD \(AGES 6-10\)](#)

[FAMILY NIGHT AT PEARL HARBOR KAI ELEMENTARY SCHOOL](#)

[HITTING, SHAKING, SPANKING: WHAT TO DO INSTEAD](#)

[KNOW WHAT YOU WANT, SAY WHAT YOU WANT, GET WHAT YOU WANT](#)

[LOVING DISCIPLINE OF YOUNG CHILDREN \(AGES 0-5\)](#)

[PARENT SUPPORT GROUP](#)

[PARENTING POWER](#)

[PARENTS AND THOSE WONDERFUL TEENS!](#)

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**PERSONAL DEVELOPMENT CLASSES**

[ADULTS MOLESTED AS CHILDREN](#)

[ADULTS MOLESTED AS CHILDREN](#)

[ANGER MANAGEMENT](#)

[ASSERTIVENESS AND ANGER MANAGEMENT](#)

[FAP SEMINAR FOR COMMAND LEADERSHIP](#)

[FIGHTING FOR YOUR MARRIAGE \(I-IV\)](#)

[FORGIVENESS IS AN OPTION](#)

[NEW DIRECTIONS SUPPORT GROUP](#)

[SKILLS FOR MANAGING STRESS AND ANGER](#)

[STRESS MANAGEMENT](#)

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**RELOCATION ASSISTANCE CLASSES**

[ALOHA TOUR](#)

[CHINATOWN WALKING TOUR](#)

[HOME BUYING SKILLS WORKSHOP](#)

[SMART MOVE](#)

[SPONSOR TRAINING](#)

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**SEXUAL ASSAULT VICTIM INTERVENTION (SAVI)  
CLASSES/MEETINGS**

[SAVI COMMAND REPRESENTATIVE TRAINING \(I-III\)](#)

[SAVI VICTIM ADVOCATE REFRESHER TRAINING](#)

APR 18	6:30 PM - 8:30 PM	LOCKWOOD HALL
APR 24	6:30 PM - 8:00 PM	JOHN FINNE BLDG
APR 16	6:00 PM - 8:00 PM	LOCKWOOD HALL

DATE	TIME	*LOCATION
APR 2	9:00 AM - 11:00 AM	
APR 10	11:00 AM - 1:00 PM	
APR 11	8:00 AM - 10:30 AM	NCTAMS PAC
APR 8	8:00 AM - 10:00 AM	
APR 17	6:00 PM - 8:30 PM	PH KAI ELEMENTARY
APR 24	5:00 PM - 7:00 PM	
APR 10	5:30 PM - 7:00 PM	
APR 16	9:00 AM - 11:00 AM	
APR 23	11:00 AM - 1:00 PM	
APR 3	5:30 PM - 7:00	
APR 4	1:00 PM - 3:00 PM	

DATE	TIME	*LOCATION
APR 2, 9, 16, 23, 30	1:00 PM - 3:00 PM	
APR 4, 11, 18, 25	5:30 PM - 7:30 PM	
APR 24	8:00 AM - 11:00 AM	
APR 17	8:00 AM - 10:00 AM	
APR 17	7:30 AM - 3:00 PM	
APR 4, 11, 18, 25	5:00 PM - 7:30 PM	
APR 2	8:00 AM - 11:00 AM	NCTAMS PAC
APR 4, 11, 18, 25	3:00 PM - 4:45 PM	
APR 16	8:00 AM - 10:30 AM	NCTAMS PAC
APR 10	8:00 AM - 11:00 AM	

DATE	TIME	*LOCATION
APR 25	8:00 AM - 3:30 PM	
APR 11	9:00 AM - 1:00 PM	
APR 25	5:00 PM - 7:00 PM	
APR 18	8:00 AM - 11:30 AM	
APR 4	8:30 AM - 10:30 AM	

DATE	TIME	*LOCATION
APR 23-25	8:00 AM - 4:00 PM	
APR 9	12:45 PM - 2:45 PM	

TRANSITION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
<a href="#">COMPANY RECRUITMENT: FEDERAL BUREAU OF INVESTIGATION (FBI)</a>	APR 19	10:30 AM - 12:30 PM	
<a href="#">CONSEP MID-CAREER WORKSHOP (I-IV)</a>	APR 30 - MAY 3	8:00 AM - 4:00 PM	
<a href="#">EXECUTIVE TRANSITION ASSISTANCE PROGRAM (E-TAP) SEMINAR (I-II)</a>	APR 3-4	8:00 AM - 4:00 PM	
<a href="#">PRE-RETIREMENT COUNSELING CHECKLIST (DD FORM 2648)</a>	APR 2	8:00 AM - 4:00 PM	
<a href="#">PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648)</a>	APR 9, 16, 23, 30	8:00 AM - 4:00 PM	
<a href="#">SEPARATION TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR (I-II)</a>	APR 10-11 APR 24-25	8:00 AM - 4:00 PM	

## APRIL 2002

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All classes are located at the  
Fleet & Family Support Center, Bldg. 193,  
Pearl Harbor, unless otherwise indicated.

[Directions to Pearl Harbor FFSC](#)

[Directions to NCTAMS PAC FFSC Satellite Office](#)

[CLICK HERE  
FOR  
FULL PAGE  
OF CLASS  
DESCRIPTIONS](#)

# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

At a recent Institute for Global Ethics facilitator training I attended, the participants were asked to explain why they believe it is important to be an ethical person. One participant shared a scenario about two engineers working at a nuclear power plant. He told how the engineers decided to conduct an unauthorized experiment: they wanted to see how long the turbine would free wheel without power. To conduct the experiment they padlocked in the open position, not one or two, but six different valves. Moreover, they ignored all warnings that appeared on the computer screen throughout the experiment's stages. When they finally realized the danger of their actions it was too late: the reactor exploded.

"Impossible! Such a thing could never happen," we say. Well, the tragic truth is that it did happen. This is what caused Reactor Number Four's explosion at the Soviet Union's Chernobyl nuclear power plant on April 26, 1986—resulting in the senseless deaths of thousands, and affecting the region still today and for many years to come.

Rushworth Kidder, founder of the Institute for Global Ethics and author of the book *How Good People Make Tough Choices*, rightly points out the real failure at Chernobyl was not the two engineers' intelligence, but rather the absence of morally sound ethics on their part. Simply stated, they failed to acknowledge and hold unwaveringly to time honored values, principles, and morals. Or, to say it another way, they were not "ethically fit."

Admittedly, few of us are entrusted with something so potentially destructive as a nuclear power plant, but nevertheless our decisions, whether small or great, affect our relationships with God, self, and others. It is essential, therefore, we possess quality values, have a process through which we filter our decisions, and

navigate life's ethical temptations and dilemmas in a principle-centered manner.

No one is saying it is easy, for ethical fitness, like physical fitness, requires daily focus, discipline, and hard work. The rewards, though, are worth it: integrity, trust, and respect.

## Religious Faith and USCG History Calendar:

01 Apr 1945	Invasion of Okinawa, Ryuku Islands
01 Apr 1967	Coast Guard joins Department of Transportation
02 Apr 1982	HU-25A Guardian joins the USCG air fleet
03-04 Apr 2002	Last two days of Pesach (Jewish)
06 Apr 1917	WW I declared on Germany, so USCG made part of the U. S. Navy
08 Apr 1913	USRC SENECA inaugurates participation in the International Ice Patrol
09 Apr 2002	Yom HaShoah (Jewish)
10 Apr 1941	President Roosevelt transfers ten cutters to England, to protect its coasts during WW II
11 Apr 1862	USRC E. A. STEVENS fires on the Confederate ironclad C. S. S. VIRGINIA
12 Apr 1843	CAPT Alexander V. Fraser appointed as first Commandant of the Revenue Cutter Service
12 Apr 1861	USRC HARRIET LANE fires first shot from a naval vessel in the Civil War
12 Apr 1900	Lighthouse Service extended to Puerto Rico
12 Apr 1979	LTJG Beverly Kelly becomes first woman to command a U. S. warship
14 Apr 1912	RMS TITANIC sinks: International Ice Patrol started as a result
17 Apr 1851	The Minots Ledge Lighthouse, first one in U. S. to be exposed to ocean's full force, is lost during a violent storm
22 Apr 1944	Aitape and Hollandia, Dutch New Guinea invasions
26 Apr 1898	USRCs MORRILL, HUDSON, and HAMILTON join the Cuban blockading fleet
27 Apr 2002	Lazarus Saturday (Orthodox Christian)
28 Apr 2001	USS RODNEY M. DAVIS and USCGC ACTIVE make largest cocaine seizure in maritime history
28 Apr –	
05 May 2002	Holy Week (Orthodox Christian)
30 Apr 2002	St. James the Great Day (Orthodox Christian)

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>



# FAMILY SUPPORT CENTER @ HICKAM AFB

Building 1105, 449-2494 or 449-6475

[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)

**COLLEGE FUNDING, Apr 17, 2:00-3:30 pm.** College costs have increased dramatically and will certainly rise in the future. At the same time, the competition for scholarships and financial aid has become more intense. Have you made a financial plan and taken the necessary steps to ensure you'll have the money to pay for your children's college education? Learn about sound strategies for keeping your child's education within reach.

**CONFLICT RESOLUTION, Apr 3, 9:00-11:00 am.** Join us to learn how to keep your head, cool, and control; and resolve conflict positively. Discover ways to minimize the likelihood of conflicts, how to communicate in difficult situations, and how to mediate disagreements between others. Turn negative confrontations into constructive experiences by attending today!

**DEPARTMENT OF VETERANS' AFFAIRS (VA) BENEFITS COUNSELING, Apr 9, By Appointment.** Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

**FAMILY READINESS BRIEFING, Apr 1, 8, 15, 22, & 29, 1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, child care, and car care.

**HOME BUYING 101, Apr 24, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

**INTERVIEWING WITH CONFIDENCE, Apr 23, 9:00-11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

**KINDERGARTEN READINESS, Apr 2, 6:30-8:00 pm (Pearl Harbor Elementary School); Apr 4, 8:30-9:30 am (Nimitz Elementary School).** The first day of kindergarten is a milestone in your child's life. How can parents discern if their child is ready? What can they do to ease the transition for the whole family? Come discuss these questions and any other concerns with your school staff and Cassie Kepler, the Family Support Center's Life Skills Specialist. This event is co-sponsored by Aliamanu, Makalapa, Pearl Harbor, and Nimitz Elementary Schools.

**LOOKING FOR EMPLOYMENT IN HAWAII, Apr 16 & 30, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Apr 3, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

**NATIONWIDE SPECIAL AGENT RECRUITMENT – FBI, Apr 30, 12:00-1:30 pm.** An FBI special agent, Mr. Kal Wong, will provide you with information on their 2002 recruitment for special agents nationwide. Requirements: Must have a 4-year college degree from an accredited institution and a strong resume with 2-3 years of professional, investigative, and managerial work experience. (23-36 years of age)

**NEW TO HAWAII FINANCIAL BRIEFING, Apr 10, 1:00-2:00 pm.** Designed for all E-4s and below at their second permanent duty station. This

financial orientation will help you with your unique assignment to Hickam. This class will introduce you to the many services of the Personal Financial Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

**PLAYMORNINGS, Tuesday-Friday Sessions, Apr 2-30, 9:00-11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required. Playmornings will not be held on Apr 12.

**RESUME WRITING I, Apr 18, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Apr 25, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume Writing I, TAP Workshop, or equivalent training is required prior to attending this class.

**SMOOTH MOVE, Apr 25, 9:00-11:30 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come.

**SPONSORSHIP TRAINING, Apr 4, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

**TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP, Apr 9-11, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

**VOLUNTEER ORIENTATION, Apr 4 & 18, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

**VOLUNTEER SUPERVISORY TRAINING, Apr 10, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).** Supervisors can make a difference in a volunteer's life! Learn how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

**WHAT TO EXPECT AFTER YOU'RE EXPECTING, Apr 17, 6:00-8:30 pm.** Maximize your parenting success! Join us for an expectant parent's workshop on the emotional and financial aspects of having a baby. Discover normal newborn characteristics and gain some tips on how to care for your infant. All AF active duty families receive a layette (worth \$70) and a First Year Baby book.



# Herb and Drug Interactions

By  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

There has been a rising popularity of supplement use in the Coast Guard. Coast Guard health promotion and medical professionals are concerned with the increased use of “sports and fitness” supplements sometimes referred to as ergogenic aids, among Coast Guard members. While some of the claims have a measure of truth and supporting evidence, significant health and safety concerns exist for individuals using these supplements.

The “supplement industry” boom draws in 12 billion dollars each year. Manufacturers make broad statements in their ads and on their packages without the proof of safety and efficacy required for drug products. Natural herbal supplements aren’t harmless, and can contain active ingredients that may interact with prescription or over-the-counter drugs. To protect yourself from harmful interactions, inform your doctor about any herbal supplements you take. Don’t use any supplements without first discussing them with a doctor if you’re pregnant or nursing.

## **Feverfew, Garlic, Ginger, Ginkgo**

Avoid mixing with:

- Aspirin
- Ticlopidine (Ticlid)
- Clopidogrel (Plavix)
- Dipyridamole (Persantine)
- Warfarin (Coumadin) an anticoagulant

## **St. John’s Wort**

Avoid mixing with:

- Antidepressants (Zyban or Welbutrin)
- Indinavir sulfate (Crixivan), a protease inhibitor used to treat the human immunodeficiency virus (HIV)
- Digoxin (Lanoxicaps, Lanoxin) a steroid that affects the heart
- Theophylline (Slo-bid, Theo-Dur) an asthma medication
- Cyclosporin (Neoral, Sandimmune, SangCya) an immunosuppressant

## **Ephedra**

Avoid mixing with:

- Caffeine
- Decongestants
- Stimulants
- Heart drugs
- Antidepressants (Zyban or Welbutrin)

## **Ginseng**

Avoid mixing with:

- Warfarin (Coumadin)
- Penicillin sulfate (Nordic) an antidepressant
- Digoxin (Lanoxicaps, Lanoxin) a steroid that affects the heart

## **Kava Kava**

Avoid mixing with:

- Sedatives
- Sleeping pills
- Antipsychotics
- Alcohol
- Drugs used to treat anxiety or Parkinson’s disease

## **Echinacea**

Avoid mixing with:

- Anabolic steroids
- Amiodarone (Cordarone, Pacerone) used to treat arrhythmias
- Methotrexate, used to treat rheumatoid arthritis
- Ketoconazole (Nizoral) an antifungal drug
- Cyclosporin (Neoral, Sandimmune, SangCya) an immunosuppressant

For additional answers to other questions, consult your regional health promotion manager or ask your primary care physician. Remember... there is no magic formula to living a long, healthy life... other than eating a well-balanced meal, exercising regularly, and obtaining adequate rest for proper fuel supply to the body and mind.

*Primary Source: Office of Dietary Supplements, National Institutes of Health National Center for Complementary and Alternative Medicine.*

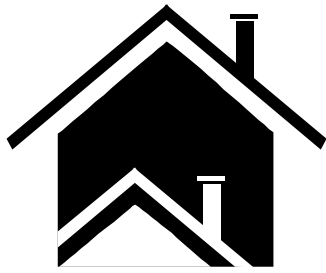


## **DEERS/RAPIDS UNAVAILABILITY**

### **AT ISC HONOLULU**

**YNC Daniel Olson, Customer Service Branch Chief**

ISC Honolulu’s Customer Service Desk will be unavailable for routine business on 18, 19, and 22 April 2002. We will not have the capability to issue any I.D. Cards until 23 April. Please check the expiration date on family members’ I.D. cards. I.D. cards due to expire on those dates should be renewed in advance at ISC Honolulu’s Customer Service Desk. In the event of a lost, destroyed, or expired card, contact your sponsor’s command for assistance. They have been instructed on the procedures to follow. Your attention and patience in this matter is greatly appreciated by the Customer Service Branch.



## HOUSING CORNER

### APRIL 2002

#### **FILING A CLAIM FOR DAMAGES TO PERSONAL PROPERTY**

Residents are encouraged to obtain Renters Insurance while living in government owned housing. Should you experience damage to your personal belongs, you will be required to file a claim through your insurance company prior to placing a damage claim with the government.

The following is provided to help initiate your damage claim:

- Complete forms CG4111 and CG4112. Forms are available on Jet Forms on SWIII or at the Housing Office.
- Providing full documentation, to include pictures, is recommended.
- If damage is less than \$200.00, one estimate is required; if it exceeds \$200.00, two estimates are required.
- Submit all documentation and completed forms to the Housing Office.
- The Housing Office will conduct an inspection of all damages and then submit the claim for processing through MLCLANT.
- Claim payments, if approved, should be expected in approximately 6-8 weeks

For further information and assistance, please call the Housing Office at 831-2766.

#### **PET CONTROL**



As a reminder:

Cats are required to be controlled under the same regulations and requirements as dogs, per the Housing Handbook. All pets are to be confined, unless controlled by a leash, to the unit and/or yard assigned and shall not be permitted to run at large. If you are unable to take your cat with you when you depart PSC, PLEASE DO NOT release your cat in the housing area. The Hawaiian Humane Society, located at 2700 Waialae Avenue, Honolulu, will gladly accept your cat(s). If you are experiencing problems with stray cats within your neighborhood, the KKH Self-Help Store has cat traps available for loan. Once the cat has been trapped, you are able to call the Fort Shafter MP Office at 438-7114 and they will pick up the stray cat for transport to the Human Society. Please be aware that animal stray pickups are not considered a priority, so the Fort Shafter Police may be not be able to provide an immediate response. Therefore, residents are encouraged to transport the stray cat to the Hawaiian Humane Society. Please contact the Human Society at 946-2187, for directions and hours of operations or visit their website at [www.hawaiihumane.org/index.html](http://www.hawaiihumane.org/index.html). For further information and assistance, please call the Housing Office at 831-2766.



#### **CHILD SUPERVISION**



One of the most important objectives of the Coast Guard Housing program is to provide a safe environment for KKH residents and, most especially, for the children. Please review Section 2.06 CHILD SUPERVISION of the Housing Handbook to understand supervising your children while you live in housing. Please monitor children while they are playing, particularly when it comes to skate boards, roller blades, bikes and the popular "Razors" aluminum scooters. The Housing Handbook requires "all bicycle, roller-blades and skateboarders to wear, at all times, helmets and other protective equipment." We have extended the wearing of protective equipment to be used when children are riding aluminum scooters to ensure safe riding and help reduce the risk of injury. Should you have any questions or concerns, please contact the Housing Office at 831-2766.





## WALK A MILE IN MY SHOES

In observance of Child Abuse Prevention Month, Pearl Harbor Fleet and Family Support Center (FFSC) in partnership with Prevent Child Abuse Hawaii, is collecting new, used, or outgrown shoes, sandals and boots (good condition adults and children sizes). The shoes will be on display at the State Capitol to depict the number of abused and neglected children in Hawaii over the past several years. After the shoes have been displayed, they will be given to the family abuse shelters, homeless shelters, and community-clearing house, foster homes, and other agencies serving needy and abused children throughout Oahu (all military personnel and their families included). If you would like to participate, bring the shoes to FFSC, Bldg 193, by 2 Apr, or to the State Capitol, if you prefer, on 3 Apr, 0900-1200. For more info, contact Chet Adessa at 473-4222, ext 272, E-MAIL <ADESSACJ(AT)PEARLHARBOR.NAVY.MIL>.

## ASYMCA'S FOOD FOR FAMILIES



If someone is experiencing financial trouble and realizes they don't have enough money to buy the basic food items to survive, there is a resource that can help alleviate the immediacy of the problem. The Armed Services YMCA has food banks at three of our Family Outreach Centers – Marine Corps Base Hawai'i in Kaneohe, Wheeler Army Air Field, and Barbers Point Community Center.

In November 2000, the Hawai'i Data Survey revealed that 31% of the military population in the Wheeler/Schofield, Barbers Point, and Kaneohe areas had difficulty providing enough food to meet their family's needs. At this time we researched the programs available to military families and conducted an informal survey to hear firsthand about this problem. What we found were stories of families living for weeks on rice alone, using old t-shirts as diapers, and struggling desperately to make ends meet. This quickly convinced the ASYMCA to take action and look for ways to improve the situation for military families.

We were able to secure a grant through the Hawai'i Food Bank and worked with the commands, Army Community Services, Navy/Marine Corps Relief Society, the military chaplains, etc. to implement the program. Most of our participants were referred to us through the above agencies. In 2001, we were able to purchase and distribute more than 1,600 tons of frozen meat, dairy products, canned goods, cereal, packaged foods, diapers, and toiletries to military families.

To participate in this free program, you just have to show a Leave and Earnings statement as proof of financial need. Such information is kept strictly confidential. The length of time that a family can stay on the program depends on the scope of their need and the time it will take to get them to become financially sound.

We first try to meet the family's immediate need by providing food. We continue to work with them by offering classes on budgeting and nutritious meal planning through the University of Hawai'i Expanded Food and Nutrition Education program. These voluntary classes help participants improve their financial and food planning skills.

I encourage senior personnel to use the ASYMCA as a resource for your people in need. If anyone has problems feeding their family, we can certainly help.

If you have questions about this program, please contact David Gomez at 473-1427.



## EARNED INCOME TAX CREDIT

The following information regarding the Earned Income Tax Credit was sent from the Children's Defense Fund. This information can be helpful to low-income families.

The 2002 Earned Income Tax Credit Outreach Kit is now available from the Center on Budget and Policy Priorities. The tax cut legislation Congress passed last year will increase the amount of tax credits available to working families. Some families can receive up to \$4,008 through the Earned Income Credit. In addition, the Child Tax Credit has been expanded to assist more families, and it is now refundable for families who owe no income tax. This Outreach Kit can help individuals navigate the tax filing system. It is available online at <http://www.cbpp.org/eic2002/index.html>.

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COMDTNOTE 5351

SUBJ: MENTORING PROGRAM

A. COMDT LTR OF 12 OCT 01 TO ALL UNIT COMMANDERS, COMMANDING OFFICERS, AND OFFICERS-IN-CHARGE

1. I AM PLEASED TO ANNOUNCE THE RELAUNCH OF THE ONE DOT MENTORING PROGRAM, A KEY PART OF OUR COAST GUARD MENTORING PROGRAM, ON THE WEB AT [HTTP://MENTOR.DOT.GOV/](http://MENTOR.DOT.GOV/). THE COMPUTER CODING HAS BEEN REWRITTEN TO CORRECT BUGS AND MAKE IMPROVEMENTS TO THE PROGRAM.

2. THE ONE DOT MENTORING PROGRAM IS A DATABASE WHERE PEOPLE CAN SIGN UP TO BE MENTORS AND PEOPLE CAN SEARCH FOR MENTORS. THIS DATABASE IS AN ADDITIONAL MEANS OF FINDING A MENTOR FOR PEOPLE WHO CANNOT FIND ONE IN THEIR WORKPLACE. MOST LIKELY, THESE MENTORING PARTNERSHIPS WILL TAKE PLACE OVER TELEPHONE AND E-MAIL.

3. MENTORING IS A CAREER DEVELOPMENT PARTNERSHIP BETWEEN TWO PEOPLE. A MENTOR HELPS THE MENTEE CLARIFY AND ACHIEVE GOALS BY SHARING INSIGHTS AND KNOWLEDGE THEY HAVE GAINED THROUGH EXPERIENCE.

4. MENTORING IS A POWERFUL LEADERSHIP TOOL THAT CAN HELP IMPROVE RETENTION AND REDUCE THE RATE OF FIRST TERM ATTRITION, TWO CHALLENGES THE COMMANDANT TASKED US ALL WITH IN REF A.

5. WHILE ALL GOOD SUPERVISORS MENTOR THEIR PERSONNEL TO SOME EXTENT, IT IS RECOMMENDED THAT PEOPLE HAVE MENTORS OUTSIDE THEIR CHAINS OF COMMAND, AS WELL, FOR SEVERAL REASONS: TIME CONSTRAINTS ON SUPERVISORS, THE FREEDOM FOR THE MENTEE TO DISCUSS THINGS THAT COULD AFFECT THEIR EVALUATION, AND SITUATIONS WHERE THE SUPERVISOR IS NOT AN EXPERT IN THE SUBJECT MATTER THE MENTEE IS INTERESTED IN.

6. TO SIGN UP AS A MENTOR OR CHANGE YOUR EXISTING MENTOR PROFILE, GO TO THE WEB SITE, [HTTP://MENTOR.DOT.GOV/](http://MENTOR.DOT.GOV/).

7. FOR EXTENSIVE INFORMATION ABOUT THE REST OF THE COAST GUARD MENTORING PROGRAM, GO TO [WWW.USCG.MIL/LEADERSHIP.HTM](http://WWW.USCG.MIL/LEADERSHIP.HTM) AND CLICK ON "MENTORING."

8. COAST GUARD PEOPLE HAVE ALWAYS MENTORED OTHERS. PLEASE CONSIDER SIGNING UP AS A MENTOR AND CONTINUE THE TRADITION OF HELPING OUR OWN.

9. FOR THOSE LOOKING FOR A MENTOR, THERE ARE NEARLY 200 CG MEMBERS (ACTIVE, RESERVE, CIVILIAN, AND AUXILIARY) WHO HAVE ALREADY VOLUNTEERED TO MENTOR AND ARE EAGER TO BE CONTACTED TO FORM A PARTNERSHIP. WE ENCOURAGE YOU TO TAKE THAT FIRST STEP TO MATCH WITH A VOLUNTEER MENTOR ALREADY ON THE SITE. ESPECIALLY IN THIS DIFFICULT TIME, IT CAN BE VALUABLE TO HAVE A MENTORING PARTNER TO TALK ABOUT ISSUES IN OUR QUICKLY CHANGING WORKPLACE.

10. MY POC IS KATHLEEN WILSON, E-MAIL [KWILSON\(AT\)COMDT.USCG.MIL](mailto:KWILSON(AT)COMDT.USCG.MIL), TEL 202-267-0010.

11. INTERNET RELEASE AUTHORIZED.

12. RADM R. DENNIS SIROIS, DIRECTOR OF RESERVE AND TRAINING, SENDS.

BT  
NNNN

U.S. Department Of Transportation  
United States Coast Guard

Commanding Officer  
USCG Integrated Support Command  
Work-Life Center  
400 Sand Island Parkway  
Honolulu, HI 96819-4398

**Register TODAY to participate in a PREP® ONE DAY WORKSHOP for Engaged or Married Couples. The workshop focuses on Communication, Conflict Resolution, and Commitment. For more information, or to register, please call Owen Norton @ 541-1584, or Chaplain McKay @ 541-2076. (This service is provided to you entirely *free of charge*.)**

**27 APR 02**

**0830-1500**

**RED HILL COMMUNITY CENTER**

**Session One:**

**0830-0920**

Welcome & Introductions \* Research & Real Life \* Relationship Dynamic Scale  
Where Are You At In Your Marriage? \* Danger Signs

**Break**

**0920-0930**

**Session Two:**

**0930-1020**

Differences in How Men and Women Handle Conflict \* The Time Out Ground Rule \* Filters

**Break**

**1020-1030**

**Session Three:**

**1030-1120**

Safety, Structure, and Communication \* Speaker/Listener Technique Guidelines

**Lunch**

**1120-1215**

**Session Four:**

**1215-1305**

Working Through Hidden Issues to Promote Intimacy \* Problem Solving Made Easy

**Break**

**1305-1315**

**Session Five:**

Ground Rules for Fighting and Loving

**1315-1405**

**Break**

**1405-1415**

**Session Six:**

**1415-1450**

The Heart of Commitment

**Conclusion:**

**1450-1500**

Questions/Comments \* Evaluations

